

## **Peanut Butter Trail Mix Bars**

From [sallysbakingaddiction.com](http://sallysbakingaddiction.com)

### **Ingredients**

2/3 cup (about 95g) whole almonds  
2/3 cup (about 95g) whole cashews  
1 and 1/2 cups (120g) old-fashioned whole rolled oats or quick oats, divided  
1/3 cup (32g) ground flax  
1/3 cup (40g) dried cranberries  
1/3 cup (50g) raisins  
1/2 cup (120g) honey (or maple syrup or brown rice syrup)  
3/4 cup (185g) creamy or crunchy peanut butter  
2 Tablespoons (30ml) coconut oil  
1/3 cup (60g) mini chocolate chips

### **Instructions**

1. Line the bottom and sides of an 8-inch or 9-inch square baking pan with parchment paper, leaving an overhang on the sides to lift the bars out (makes cutting easier!). Set aside.
2. Pulse the almonds, cashews, and 1/2 cup (40g) oats in a food processor about 10x or until lightly chopped. (Without pulsing these ingredients, the bars will fall apart.)
3. Pour pulsed mixture into a large bowl. Stir in remaining oats, the ground flax, cranberries, and raisins until combined. Set aside.
4. In a medium pan over medium heat or in a microwave-safe bowl, melt the peanut butter, honey, and coconut oil together. Stir to combine, then pour over the dry ingredients. Add the chocolate chips, then stir to combine everything.
5. Transfer mixture to prepared pan. Using the back of a flat spatula, press the mixture tightly and firmly down into the pan. Make sure it's compact, which helps guarantee the bars will hold their shape.
6. Place bars into the refrigerator to set up for at least 1 hour and up to 2 days.
7. Cut into rectangle or square bars. Cover and store the bars for up to 1 week at room temperature or for up to 2 weeks in the refrigerator.

Elizabeth's Notes: I did not use cashews, only almonds. I substituted dried cherries for raisins. I substituted additional oats instead of flax.